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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to make Coupons = Cash, not Clutter!

By Amy Bergin

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Today most everyone clips or saves a coupon from time to time. Who can resist? When you know you can save more than the next guy just by having a piece of paper or coupon code, it's a great feeling. However the drawback of coupons is that they can become just good intentions and not real savings when you forget them or let them expire. Also, if you have ever cut out the grocery coupons from the Sunday paper; you quickly realize that you wind up with piles of paper that clutter your kitchen desk. Then that pile that takes time to manage in order to achieve measurable savings at the grocery store and this is where most people give up.

Did you know that 336 BILLION dollars in coupons were distributed in 2002 and 3.8 BILLION coupons were redeemed for a total savings to consumers of \$3 BILLION? This is according to the Promotion Marketing Association's (PMA) Coupon Council. According to the PMA, 79% of consumers use coupons. So, gone is the image that coupons make you look cheap. Coupons have changed; using coupons is smart and anyone can learn to get in on these savings.

Listed below are a few things you can do to create a new routine that sets you up for successful savings.

–Treat coupons like cash. Most everyone has a wallet to organize their cash and credit cards; it would be silly not to return your cash and coins to the same place time and time again. The same is true with coupons.

–Have the right tools for organizing, storing and accessing coupons. Any job is easier when you have the right tool for the job and let's face it, coupons can be kind of a job. The way you make the job pay off is in the tools.

–Success is in planning. Impulse purchasing whether it is at the grocery store or the Mall can kill any attempts to build up savings. When you take time to create, carry out and reap the rewards of a plan, you are more motivated to continue doing it and get better results as time goes by.

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–Use online resources to scout out deals before you shop. If you wait to get in the store to look at the deals, you open yourself up to veering off your shopping plan.

–Use online sources to achieve additional coupon savings. Some grocery stores link their shopper card with a paperless coupon system where you select items you might purchase online. Then that information is uploaded to your shopper card and when you purchase these items and your shopper card is swipped, you received additional savings. Web Bucks are also available online through www.valupage.com. These are coupons that print out to be used on your next shopping trip.

–When the price is right, stock up. Many times grocery items go on sale or are Buy One Get One Free and this is the time to combine your coupon with the store savings for maximum savings. Many times an item can end up being FREE!

Keeping the household stocked with food and supplies is an ongoing challenge that has to be done. Staying on a budget is a continual process that requires sharp spending skills. After all, spending is a skill, not a pastime.

Written by - Amy Bergin, mother of three, who developed THE COUPONIZER®. An honored recipient of an iParenting Media Award for "2004 Hottest Products" in the Gift category. Her system of tools designed to make clipping and shopping with coupons fast, easy and worth the pay off. A must have for any family who strives to make the most of their hard earned money. To find out more visit her website www.thecouponizer.com.

Tips For Finding More Coupons

By Gabriel Adams

If you're one of the many people who collect and use coupons to save money, here are a few ways to find even more money saving coupons. In this article, I'll list many sources you can check to find coupons.

Your Local Newspaper Subscribe to your local newspaper, and then check it each day for useful coupons. The Sunday or weekend edition paper will often have an especially wide selection of coupons.

Magazines Many magazines will feature coupons within their industry. You can even check your library to see which magazines have coupons that would be of use to you.

Newsletters Join the mailing list of your favorite companies. Companies will often include coupons in their newsletters. You can signup for most newsletters on the companies website or at your local store. Some companies will automatically put you on their newsletter when you get a discount shoppers card. Of course, a discount shopping card is another great way to save money.

E-newsletters Just like paper newsletters, email newsletters often contain coupons or special deals.

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Just join the email news list of your favorite companies.

Online coupon sites There are many sites on the internet that contain archives of online or printable coupons. Visit these sites to find some great money saving coupons.

Local coupon sites There are also many local websites that contain coupons for businesses in your local area - you can usually find these sites listed in your yellow pages, or call your chamber of commerce.

Shopping papers Many shopping newspaper type publications, such as Thrifty Nickels, will contain numerous coupons.

Grocery Store Don't forget to get coupons from your grocery store. Many stores have coupons various places throughout the store. Other stores print coupons on the back of your receipt. Either way, your grocery store is a great source of coupons.



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